

Effective teams

What can you learn about team dynamic from the herd?

Working in a real life, non-judgemental, dynamic and responsive equine environment. Practical tasks and challenges with the horses enables the team to go through the forming, storming, norming and performing in a very short time.

The experiential team building with horses enables team members to explore their true power and to connect with their authentic self. To build trust and deeper relationships with colleagues.

We offer themed days to make it a fun experience.

What makes an effective team?

A united group with common goals. An effective team rises to challenges with empowered initiative, creative thinking and problem solving. Open communication and understanding of each other's skills sets and strengths and weaknesses. Clearly defined roles and responsibilities within the team and flexibility to a changing and evolving environment.

Who is it for?

- Management
- Staff

Team benefits

- Greater confidence, assertiveness and self-esteem
- Adaptable to change
- Effectively handle difficult and challenging behaviour
- Explore and realise their impact on others
- Increased motivation and staff moral

Company benefits

- Increases staff retention and creates a positive culture
- Immediate transformation in the workplace
- Greater impact and delivery of business results
- Increased performance and business growth

How?

You will be given various activities and tasks to complete with the horses. We observe the horses and through their behaviour they reflect what they sense.

We observe horses' behaviour and encourage participants to reflect on their experience and key learning. You will be able to reflect on how this shows up in the workplace. You can develop and try out new strategies which can be applied immediately back in the workplace.

Why horses?

- Prey animals that are highly instinctive for survival. They pierce our armour and surface our true selves!
- Real life, dynamic and responsive environment
- Feedback in the moment
- Solution based – new solutions to everyday life
- Experience the experience – immediate impact
- Full embodiment shift in your being
- Experience kept alive! Lasting impact

For more information about Horse Sense for Life and the services we provide visit: www.horsesenseforlife.org.uk
Or email askme@horsesenseforlife.org.uk



**“Elevate your team
performance for business
growth”**



HorseSense for Life
Enriching People's Lives.

Why us?

- Using the Eagala model 'The Global standard in Equine Assisted Personal development and Psychotherapy'
- Two facilitator approach with a wealth of experience:
 - A trained coach, integrative counsellor and psychotherapist. NLP certified practitioner
 - A trained Equine specialist in horse psychology and behaviour
- Hands on business management experience at Directorship / team leadership level
- Team building in Private sector; Blue Chip, International Corporate and SME. Public sector and Charity and voluntary organisations.

Programme

Open taster workshop. A two-hour, interactive workshop for HR professionals, Management and/or staff who want to experience what the work can offer before taking on a team build programme.

The team building is offered as a half or full day, practical, interactive workshop. This can be extended with more sessions to build on and deepen the learning depending on the requirement.

All our work is ground based. There is no ridden work. Experience of horses is not a requirement.

What past participants have said...

"It was a great experience with a friendly experienced team. We arrived very apprehensive about what the day would entail but left wanting to do more!"

Manager, CRI

"A very emotional and productive day. Much more interactive than I imagined and the power of the horses involvement surprises me. I would definitely recommend this in the future and refer clients. A huge thank you to the team."

Vikki Lake, Manager, Turning Point

"Offers an engaging way of exploring problem-solving and challenge management and the opportunity for individuals to discover their strengths and weaknesses in dynamic, real-life situations."

Peter Stonham, Chairman, Landor Travel Publications Ltd



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